

May Menu - Urbana Senior Center

301-600-7020

UrbanaSeniorCenter@FrederickCountyMD.gov

www.FrederickCountyMD.gov/aging

The meal is served at Noon. Reservations must be made at least 48 hours in advance.
\$4.68 per person per meal. Milk, juice and bread are offered each meal. **Menus are subject to change.**

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>
4 Sweet & Sour Meatballs Brown Rice Peas & Carrots Diced Pears	5 Split Pea Soup Tuna Cold Plate Fresh Baby Spinach Hard Boiled Egg Grape Tomatoes Mandarin Orange	6 Meatloaf w/Gravy Parsley Noodles Peas & Pearl Onions Fruit Cocktail	7 Mother's Day Luncheon Chicken Cordon Blue Mashed Potatoes Harvard Beets Cole Slaw Dinner Roll w/Butter Strawberry Short Cake
11 Thai Curry Chicken White Rice Steamed Carrots Fresh Cucumber Salad	12 Hamburger w/Pizza Sauce & Mozzarella Cheese on Roll Potato Salad Cole Slaw Diced Peaches	13 Hot Diced Teriyaki w/Sesame Noodles Peas & Carrots Pineapple Tidbits	14 Breakfast for Lunch with Nurse Steve 
18 Hearty Beef Stew w/Mixed Vegetables and Potatoes Plum Halves	19 ¼ lb Beef Hot Dogs Baked Beans Cole Slaw Pineapple Tidbits	20 Baked Potato Chili Con Carne Cheddar Cheese Tossed Salad Applesauce	21 Pancakes Sausage Fruit
25 Closed Enjoy the Holiday	26 Hamburger on a Roll Cheddar Cheese Macaroni Salad Cole Slaw Citrus Sections	27 Multi-Bean Soup Chicken Caesar Salad Wrap on a Flour Tortilla Romaine Lettuce Cheddar Cheese Caesar Dressing Pineapple Tidbits	28 Grilled Cheese Sandwich Soup Tossed Salad Fruit

Urbana Senior Center

Congregate Meals Information

Dates and Times

Monday-Thursday (excluding holidays)
Meals served at Noon

Reservations/ Cancellations

Reservations must be made at least 48 hours in advance.
Cancellations may be made up to 24 hours in advance.
Register in person at the Center or call 301-600-7020.

Cost

The current cost is \$4.68 per participant per meal.
The Department of Aging must pay for every meal that has been reserved. All meal participants under the age of 60 must pay the full price. Seniors who are 60 years old or older are encouraged to donate as much as they are able up to the full cost of the meal.
A donation is expected to cover the full cost of any meal that is reserved and is not cancelled in advance.

Payment

Checks should be made payable to "Frederick County Department of Aging".
Cash is also accepted but it must be for the exact amount; staff members are not permitted to make change.

Menus

Menus are published monthly. They are available the last week of the previous month. They are also published online at www.FrederickCountyMD.gov/doa . The menus are subject to change.

Transportation: Monday-Thursday

Seniors needing transportation to the Urbana Senior Center for the meal program must call the Senior Center at least 48 hours in advance 301-600-7020. Seniors will be picked up at their homes between 9:45 and 11:00 am. They will be returned to their homes between 1:30 pm and 2:30 pm. Seniors will be given a more accurate pick-up time once routes and number of passengers is established. The cost for transportation is \$2 per round trip. Transportation is limited to the immediate area.

Inclement Weather

If Frederick County Schools are closed due to inclement weather, the congregate meal, the transportation program, and the Home Delivered Meals for that day will be canceled.